



# Strength, Health and Beauty



## HEBE'S HELPFUL TALKS ON BEAUTY

*Every Woman's Magazine needs a department on beauty. This one is conducted by one of the first experts in this country who will answer the questions of all those who want to improve themselves. She knows her work thoroughly and can help many a woman over the problems that vex her. It is our duty to look as well as we can and to this end Hebe will help others. Correspondents will please write all letters in ink, and sign a name or initials. Write on one side of paper only. When asking for addresses enclose stamped envelope.*

**Ugly Ducklings:**—Your letter appeals to me very much, and after giving it careful thought I believe that you could be greatly improved.

Now, remember, it would require perseverance on your part and skill as well as interest on the part of the one who takes you in hand.

The gaiter would be the most difficult thing to master. If you will send me a self-addressed, stamped envelope I will give you an idea of what would be required of you and where to obtain the help you need. I will believe that every one, with proper care, can be improved. In ten years' time you can be much better looking and happier as well.

**Dear Hebe:**—Are the massage rollers good to reduce a double chin, or can you tell me of anything better? K.

Massage rollers are very good indeed to reduce flesh. For a double chin I would advise the use of a device that comes for that purpose. Send self-addressed, stamped envelope for reply.

**Dear Hebe:**—Will you please give me the recipe for a hair coloring, composed of walnut shells? I think there were two different recipes containing walnut shells in each. MRS. J. C.

Walnut stain for the hair is made by slowly boiling an ounce of bark in a pint of water for an hour and then adding a small piece of alum to set the color.

Apply with a sponge and cover the hair to prevent staining the bed linen.

**Dear Hebe:**—I injured the nail on my first finger and a new nail is just forming. Tell me, please, how to protect it other than by wearing a glove finger or stuff? MADELINE.

By dipping the tip of the finger in warm water several times, it will form a coat and give protection to the new nail.

**Dear Hebe:**—I saw in your columns a few weeks ago a recipe for very obstinate freckles, in the form of a paste, but have mislaid it. Will you publish it again, or is there something better that I could use myself? Could you tell me anything to do for thick lips? My mouth is not badly shaped, but my lips are too thick. D. C. H.

**For Obstinate Freckles:**  
Corrosive sublimate . . . 2 grains  
Powdered sugar . . . 1/2 dram  
Lemon juice . . . 1 ounce  
Rose water . . . 4 ounces

Apply once or twice daily.

There is nothing I can recommend to you for making the lips thinner.

If you bite your lips break yourself of the habit as this habit makes them thick.

**Dear Hebe:**—Kindly advise me what would be good for my complexion? It is beginning to chap already, and when I go out into the cold my nose gets very red. Do you think cucumber cream would be good for it? ETHEL.

Avoid using soap and water on the face. Cleanse with a good cold cream and put powder on sparingly. Use this lotion on the nose several times a day.

**Lotion for Red Nose:**  
Tannic acid . . . 15 grains  
Spirits of camphor . . . 4 ounces

Melba:—A camouflaged bath is delicious and refreshing, and also a good tonic. It is made by putting into the daily warm bath slowly until it is milky white.

**Dear Hebe:**—I am afflicted with a growth of superfluous hair. The electric needle is too expensive. I have most of them on the back of my neck. Will you kindly give me a good remedy? My hair is black. Can you prescribe something that will bleach the hair the color of the skin without injury to the skin? WENDIE.

Electricity is the only method by which this growth can be permanently removed. The formula will do the work temporarily. Prescribe of hydrogen will lighten the color, but be very careful not to get it near the roots of the hair, as it is a strong bleach.

**Depilatory:**  
Oleum . . . 1 part  
Starch and quicklime (each) 10 parts  
Powder the ingredients thoroughly, mix with the starch and add the quicklime. A little to be made into paste with cold water when required and the paste to be spread on the hairy parts, allowed to remain a few minutes, then removed with a moist cloth. Bathe with warm water and apply a little cold cream. This preparation must be used carefully, as it is apt to burn the skin.

**Dear Hebe:**—Please tell me of something that will stop my hair from falling out. Something that will not darken the fingers, removing at once with a soft towel, and the use of the skin food I think you will find a difference in your skin of both face and neck.

**Cleansing Cream:**  
Orange flower water . . . 4 ounces  
Almond oil . . . 4 ounces  
White wax . . . 2 1/2 ounces

**Massage Cream:**  
Lanoline . . . 2 ounces  
Almond oil . . . 4 ounces  
Cucumber juice . . . 2 ounces

Try the formulas given to N. K. If this doesn't help you you should have constitutional treatment.

**Dear Hebe:**—My hair worries me greatly; every time I comb it it comes out in clumps. I had lovely curly hair, but it is getting dark and straight

and no end to how uneven. Will you give me a good remedy? Something that will not make the hair dark, such as sage tea? N. K.

Use the following every day until the hair stops falling, then use the tonic twice a week:

**For Falling Hair:**  
Distilled witch hazel . . . 5 ounces  
Corrosive sublimate . . . 10 grains

**Hair Tonic:**  
Tincture of castor oil . . . 3 ounces  
Oil of rosemary . . . 1 ounce  
Bay rum . . . 6 ounces  
Olive oil . . . 1 ounce

**HYSTERIA OF NERVOUS**  
DON'T be too sure.

Be temperate in all things. Mind that your soul for keeping things tidy—conspicuous enough in moderation—doesn't develop into fanaticism.

The microbe of over exertion, not properly watched, tends to produce a hysteria of cleanliness.

The victim in such a case, generally a woman, makes life a martyrdom for her household, whose peace she has been enjoying by emphasizing her own superiority.

She wanders complacently, for instance, how a girl as nice as you can be so heedless about the shades.

If there is anyone thing she does do for its shades on a level.

She will proceed conscientiously to exclude your pet pattern of sunshine or the expansive view you love better than all the level shades in the world by drawing the blind down gently on a mathematical line with all its folds.

She'll put your room to rights for you with exasperating insistence, make an unshapely heap of the papers and magazines you left in such a cozy, livable litter, and arrange your toilet articles with such infinite propriety that you never know where to find anything.

She will air your bedroom with humiliating frequency, and even abstract your garments with the same sinister design, believing it to be her duty and thanking her stars that there is one systematic person in the house at last.

"Whatever else my shortcomings may be," such a one will say with a virtuous sigh, "I hope, at least, at the last day, I will be credited with the effort to keep order."

"Orderly? Yes, abominably so," growls her husband, who has been turned out of house and home because it's such a nice day to wash windows and air things, and why not make a general job of it?"

For her there is nothing too sacred to be interrupted by a sudden onslaught upon an accidental fly.

"Excuse me, please, for breaking in on you, but this is the one thing impossible to tolerate," is her excuse. Some people never seem to see such things but for herself, well—then the same complaint again.

In bad weather the boys may not bring their visitors indoors. Aren't there the playgrounds and the town? And isn't it her duty to teach them cleanliness?"

"Oh, Bobby, how I wish I had a nice dirty mother like yours," one little restricted child was overheard to exclaim wistfully to a more fortunate companion.

Bobby proudly accepted the intended compliment and replied, "I guess you do, Jack. My mother is too busy being comfortable and good and jolly to us kids to think so much about us keeping our feet clean all the time. My! Won't you be glad when you are big and can be as dirty as you want to," which carries a moral to the over-particular mother.

Orderliness is a good thing, an estimable thing, but it isn't the whole of life.

Indue attention to it has a disagreeable effect upon the mental and moral side of you.



THIS IS AN INJURIOUS HABIT.

A GOOD STRETCH IS MOST RESTFUL.



RELAXING A TIRED BODY.



A STATE OF PERFECT EASE.

I am getting too stout. MRS. M. W. S.

But no pastry or confectionery. Drink no liquids with your meals. Do not eat peas, beans, corn or potatoes. Toasted bread only.

Take plenty of exercise and sleep not more than seven hours out of twenty-four. Never take naps during the day. Take a long walk every day, rain or shine.

This is for all who have asked how to reduce their weight.

**Dear Hebe:**—My hair has been coming out for years. Can you tell me what to use that will stop the loss and cause a new growth? Also something to prevent its turning gray? Do you recommend a camouflaged brush for wrinkles when one does not understand

massage treatment? I am 30 years old and my forehead is lined. Also my neck. What skin food would be best to use? I am inclined to have hair on my face, so have been afraid to use anything. I enjoy reading your beauty talks very much. CLAUDE.

**Dear Hebe:**—I am very dark in complexion and wish you could give me a formula to whiten the skin. Also something that will keep the hands from chapping. SWEET SIXTEEN.

You may try the following lotion to bleach the skin:

**Lotion for Whitening the Skin:**  
Hydroquinone of mercury . . . 4 grains  
Sulphate of zinc . . . 4 grains  
Spirits of camphor . . . 10 grains  
Distilled water . . . 20 grains

Apply with soft linen or absorbent cotton and be careful to avoid the eyes. Use once or twice daily.

**For Chapped Hands:**  
Resorcinated zinc ointment . . . 1 ounce  
Camphor . . . 5 grains  
Sublimate of bismuth . . . 4 grains  
Rosewater . . . 1 ounce  
Rub in well night and morning.

As your condition of hair has been of long standing the trouble is evidently constitutional. Your hair is very fine; I do not agree with you that it is without life. I would advise you to have it treated by a specialist.

A good cleansing cream is better. If you use the cleansing cream each night, by applying a little with the tips

## HELPING SHATTERED NERVES

BY MARY W. BUTLER

HOW often we hear the word nerves nowadays, a word that was almost unknown to our great-grandparents.

These poor nerves of ours are responsible for so much unhappiness and pain; they are so abused, so often "upset" and complained of that we forget they have a good side and that without them we would be but helpless, senseless lumps of flesh, bone and muscle. Unable to feel, to speak, or to move, unable to see, to taste or to enjoy.

Yes, these nerves that we so constantly complain of are actually necessary, not only to health but to our best enjoyment of life.

And since, through injury or sickness they may cause us excruciating pain, or if paralyzed may make helpless cripples of us, it surely behooves us to keep them in good order, and see to it that through no wanton carelessness, nor neglect of ours, nervous troubles overtake us and ruin not only our own lives but cause worry, anxiety and unhappiness to those we love best.

It is perhaps in the ranks of married society women that the largest number of promising recruits are found for that dread disease called "nervous prostration."

The society leader who is also a wife and mother all too often burns life's candle at both ends day after day, week after week, month after month, until forced to drop all and give up at last she pathetically wonders why fate was so unkind to her?

She does not realize until too late that rest is as necessary to life as activity

is and that too fast and furious a pace, too steady an indulgence in the whirl and excitement of pleasure-seeking, in late suppers and later hours on the one hand and the ordering of the household duties on the other, is to live the life that kills, the life that breaks down and does not give time to build up the life that ends in hopeless invalidism; and the wasting of many months, perhaps years, in health-hunting from the famous sanitariums of the South and West to those of Europe.

Is not your youth, your beauty (and this means your health) worth keeping?

Can you with complacence look forward to being faded, haggard, or peevish and ailing at 30 or 35?

Will you not be frank with yourself—now before it is too late—and so plan your life that a rest period may be yours each day? Take a time to call your own, when, cloistered in your own pretty boudoir and clad in a loose, warm dressing gown, you may fling up your windows, indulge in a dozen deep restful breathes, lifting the chest and head high, and then after taking a few gentle trunk turning to right and left—bending and twisting in all directions to keep the waist line supple and the figure youthful—fling the arms up over the head and make great sweeping circles with them to help the circulation at important nerve centers.

After indulging in a few deep head-bendings and half a dozen more deep breathes as a finish, throw yourself on your couch—relaxing every muscle and driving all thoughts and worries from your brain—simply REST MIND AND BODY. You may even sleep, if you

will, for from twenty minutes to an hour.

This relaxed rest will do you more good than two hours' sleep taken under different circumstances.

But see to it that your window is open a little both top and bottom during your rest and that you have a light warm covering thrown over you, so you must avoid chill after exercise and during the rest period.

Again, you who are rich, do not always order your carriage when you have but six or seven blacks to go, for a brisk walk in the open air will help keep you young and is often actually necessary to your health.

I believe it to be a fact that the so-called rich often fall into dangerously lazy habits through the conventions and luxuries that their wealth surrounds them with.

And as to the girl who is fabled to walk from six to ten blocks daily, I say, be thankful, and do not waste your time in envying your wealthy neighbor. Fate decrees that you must take this life-giving, health-retaining exercise each day, while she, ruled solely by her own desires in the matter, grows more and more dependent on her carriage and thus loses day after day the opportunity to gain in vitality and vigor.

These brisk daily walks—regardless of the weather—stand for better health—that is, of course, when the walker lifts the head and throws the chest wide forward drinks in great draughts of fresh air, feeding the lungs through the trachea and only safe channel, the nose.